

Season's Greetings from the SD Diabetes Prevention & Control Program (DPCP) and welcome to the December 14th edition of the "DPCP FYI". Each FYI is received by over 450 diabetes care professionals in and around South Dakota. If you have trouble with the links, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvement to the FYI or if I can otherwise be of assistance, please let me know. Colette

This issue's topics~

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Congratulations to Diabetes Education Programs for Receiving National Recognition

The Platte Health Center's Diabetes Self Management Education Program has received recognition from the American Diabetes Association for meeting the National Standards for Diabetes Self Management Education. Sharon Kriz, RN, CDE coordinates the program. Platte is also recognized by the SD Department of Health Diabetes Education Recognition Program. Congratulations Sharon for a job well-done.

The Ft. Thompson Health Center Diabetes Education Program has received recognition from the Indian Health Service for reaching the highest level of recognition in the Integrated Diabetes Education Recognition Program. Kari Blasius RD, LN, CDE coordinates the program. Ft. Thompson joins Wagner as 2 of the 3 programs nationally to receive the highest level of recognition! Congratulations Kari for reaching such a high level of accomplishment.

Contact Colette if you'd like to discuss getting your diabetes education self management program recognized by the Department of Health, ADA or IHS.

Flu/Pneumonia Vaccination Flyers

It's **not too late for a flu shot** and it's **not too late to get free flyers** reminding people with diabetes to get their flu and pneumonia shots. The flyer can be viewed at <http://diabetes.sd.gov>. Contact Colette to have free flyers sent to you.

Choose 2 Move Physical Activity Challenge

Start 2008 off right by participating in the Choose 2 Move Healthy Challenge offered by the Department of Health. Participants can choose to do either moderate-intensity physical activity or vigorous-intensity physical activity in the challenge that runs January 15th- February 15th. Sign-up begins now.

Choose 2 Move participants will receive a Healthy SD reflective arm-band to help to be seen when exercising outdoors. A personal activity log and goal sheet is also provided to help track

your progress. Ten randomly selected participants will receive a prize at the end of the challenge.

For more information and to sign-up, go to www.healthysd.gov.

Pedometers Continue To Show Benefits in Reducing BMI, Blood Glucose and BP

A new review in JAMA shows that use of a pedometer is associated with significant increases in physical activity and significant decreases in body mass index (BMI) and blood pressure (BP). Dr Dena Bravata (Stanford University, CA) and colleagues report their findings in the November 21, 2007 issue of the *Journal of the American Medical Association*.

Dr. Bravata states that, they found that a daily goal with the pedometer was imperative for people to increase their physical activity. And a by-product of this increased activity were clinically relevant reductions in weight and blood pressure.

She said average weight loss was around three pounds. "Let's not discount that, let's put that into the context of very well-studied diet and exercise programs. With the exception of bariatric surgery, a lot of well-designed diet interventions don't result in much bigger reductions in weight. I think that the BP reduction and weight loss seen with pedometers is remarkable, given that these are small gizmos designed to increase physical activity, not reduce weight," she noted.

Bravata and colleagues explain that although there has been a surge in popularity for pedometers as a tool to motivate and monitor physical activity, there is a lack of detailed evidence of their effectiveness. They looked at 26 studies with a total of 2767 participants (eight randomized controlled trials and 18 observation studies); 85% of participants were women, and the mean age was 49 years. The mean duration of pedometer use in the studies was 18 weeks. They found that, on average, pedometer users significantly increased their physical activity by 2183 steps a day over baseline ($p < 0.0001$), or by 26.9%.

An important predictor of increased physical activity was having a daily goal—such as the popular 10 000 steps per day recommendation or an individualized step goal ($p = 0.001$). Pedometer users with a daily goal significantly increased their physical activity, whereas those who were not given a daily goal did not. When data from all studies were combined, pedometer users significantly decreased their BMI by 0.38 ($p = 0.03$), which, in this cohort of patients, would have been enough to move them from the obese to the overweight category.

The reduction in systolic blood pressure observed, 3.8 mm Hg, "is also a remarkable finding," she added, "given that the participants were fairly normotensive at baseline. People have spent all kinds of money on very fancy quality-improvement strategies, and that's the kind of range that you get from some of those much bigger interventions," she said.

The researchers found no difference between types of pedometer used. "Despite the abundance of lay literature on the use of pedometers, our study is the first published synthesis of the evidence," Bravata et al note. "Our results suggest that the use of these small, relatively inexpensive devices is associated with significant increases in physical activity and improvements in key health outcomes, at least in the short term."

However, "the extent to which these results are durable over the long term is unknown," they say, adding that large randomized controlled trials are needed to fully elucidate the potential benefits of pedometers.

Bravata DM, Smith-Spangler C, Sundaram V, et al. Using pedometers to increase physical activity and health. A systematic review. JAMA 2007; 298:2296-2304.

Healthy Winter Eating Tips

Winter months are the time when family and friends gather for festive meals. A publication from the National Diabetes Education Program (NDEP) can help people with diabetes keep their healthy eating habits on track throughout the season with an article called Healthy Eating During Winter Gatherings for People with Diabetes found at http://www.ndep.nih.gov/diabetes/pubs/NDEP_Healthy_Eating.pdf. NDEP has a number of materials for use related to diabetes prevention, control and education-<http://ndep.nih.gov>.

PSAs for South Dakotans with Diabetes

You can help spread the message about Awareness and Education by contacting your local TV stations and asking them to run 2 new Public Service Announcements developed by SD Public Broadcasting. Each television station in SD received the PSAs in November. Show your desire for this type of messaging by asking the spots to be run. To see the PSAs:

Diabetes Awareness: http://media.sd.gov:81/doh/DoH_psa.wmv

Diabetes Education: http://media.sd.gov:81/doh/DoH_psa2.wmv

Assessment, Treatment and Environmental Factors that Impact Childhood Obesity **satellite conference**

Save the date! June 4, 2008, 12-4 pm central time, is the next Pediatric Update from the University of Alabama Birmingham. This year's theme is "Assessment, Treatment and Environmental Factors that Impact Childhood Obesity." Topics include Assessment of the overweight/obese child, Interventions/Treatments that work, Sleep & Obesity in Pediatrics, and Food marketing to children. The Dept of Health will again plan to downlink across the state. More information will follow in the spring.

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